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Seven-year-old crash survivor leads police to wreckage

After walking away from plane crash, girl may help determine cause PAGE 8

A SHAWARMA THAT FITS YOUR RESOLUTION

FAST-FOOD FAVOURITE CAN BE MADE AT HOME TO CUT DOWN ON CALORIES PAGE 16

'Peggers embrace Airbnb

World Cup. With major event coming up, users getting inquiries from around the world

COLIN FAST
winnipeg@metronews.ca

Winnipeggers are rolling out the welcome mat for a website that helps users rent out their homes as temporary hotel rooms.

Around 100 local properties are currently listed on Airbnb, which has been called the "Uber of lodging" for offering a low-cost, technology-based alternative to traditional hotels. Worldwide, Airbnb has more than one million listings.

Winnipeg options range from a "bed and coffee" in the West End for $29 per night to an Exchange District loft for $79 per night to an "executive home" in River Heights for $2,000 per week.

"I've had great experiences with it," said Tannis Zimmer, who has had 15 Airbnb guests take over her Osborne Village studio apartment over the past year. She has also used the site to book accommodation in other cities.

"It's more cost effective than hotels, the spaces are usually more unique and you can find some interesting neighbourhoods," she said.

Monopoly Property Management has turned to Airbnb to fill short-term vacancies in the rental units it supervises.

"It's easy to use and has been problem free," said representative Dawn-Marie Brunel, who noted that Monopoly has received twice as many accommodation requests through the website as it can handle.

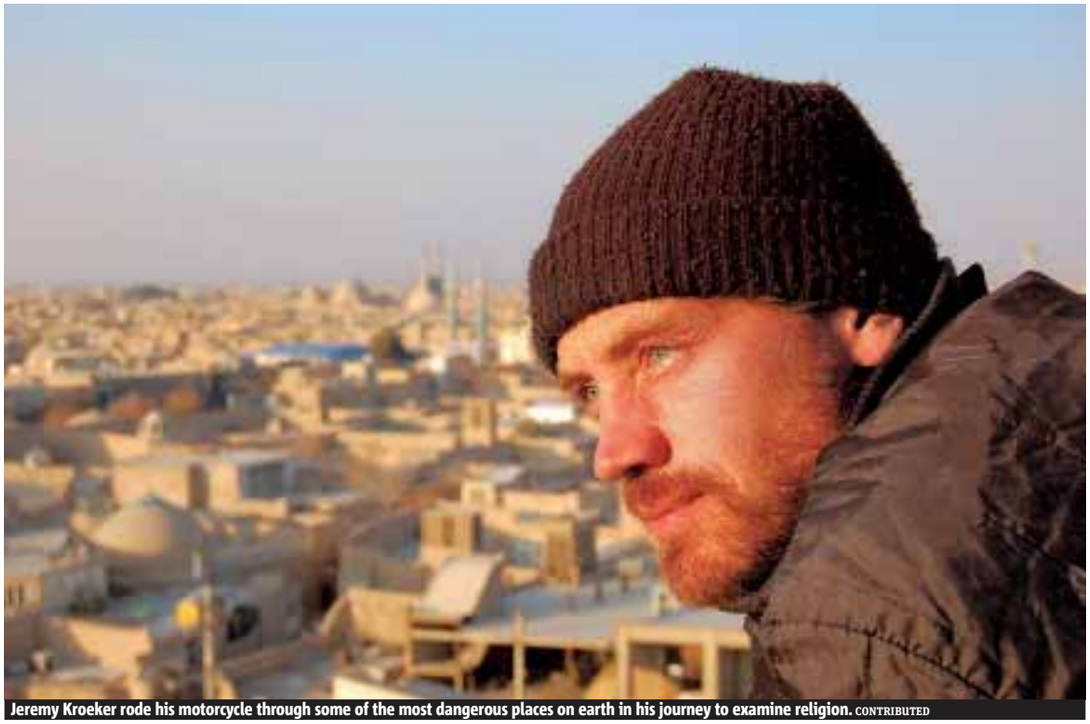
Good value?

Homes as hotel rooms

Airbnb might be popular, but the president of the Hotel Association of Canada questions whether it really offers good value for consumers or governments. "When you check into a hotel, you expect things like health and safety, food and beverage, emergency exits and insurance to be looked after," said Tony Pollard. He also said the underground economy created by Airbnb is causing governments to miss out on tax revenue.

SNOW STOPPING THESE GUYS

Graham Madden, 23, was one of 31 hearty cyclists who braved Sunday's frigid temperatures to take part in a snowy race around the Canadian Mennonite University campus. The race has raised money to help Manitoba cyclists Danick Vandale, Oliver Evans and Willem Boersma get to the UCI Cyclo-Cross World Championship in the Czech Republic later this month. SHANE GIBSON/METRO



Jeremy Kroeker rode his motorcycle through some of the most dangerous places on earth in his journey to examine religion. CONTRIBUTED

Motorcyclist's faith quest crosses war-torn regions

Jeremy Kroeker. Intrepid Winnipegger decided to ride his way through Middle East to examine religion from different vantage point

EVAN MATTHEWS
winnipeg@metronews.ca

What happens when a person begins questioning his or her faith? If you're Winnipegger Jeremy Kroeker, you get on your Kawasaki KLR 650 and start riding through some of the most dangerous places on earth.

"The book is basically a motorcycle travel story, but underneath it all there's a spiritual theme. At some point I began to question everything I had been taught about religion," said Kroeker.

"Rather than just shoving it all to the back of my mind and getting on with life, as so many do, I decided to travel to the Middle East and examine religion from a different vantage point."

Kroeker's adventure began here at home by transporting his bike overseas.

"I shipped my bike from Canada to Germany and continued on from there through Turkey, Iran, Syria, Lebanon and several other countries," said Kroeker.

"It's a fascinating part of the world. The people are generally hospitable."

With a civil war currently going on in Syria and constant unrest throughout the Middle East, Kroeker said he was able to gain his own perspective on situations most only see through second-hand sources.

"When I was first in Syria I could tell there was a lot of dissatisfaction with the situation. Several people I spoke to, if they would dare to discuss politics at all, would speak of fear," said Kroeker.

"It seemed they all knew someone who had simply disappeared at some point because they had expressed the wrong opinion to the wrong person.

"There was a real imbalance in the country, with the majority of the people being ruled by a minority group. I'm saddened by what is happening in a beautiful country at the moment."

Book signing

Jeremy Kroeker is set to do a speaking and signing session for his new book, Through the Dust and Darkness: A Motorcycle Journey of Fear and Faith in the Middle East. The event will take place at McNally Robinson on Grant Avenue at 7 p.m. Monday.

IT'S –40, BUT THERE IS HOPE, WINNIPEG

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

You're starting your week with -40ish temps to deal with, the knowledge of the holidays being over and reality setting back in. Fine, but I'm here to offer hope. Specific or general, there is plenty of it.

Spring is exactly 74 days away. That's it. You can do that.

Last year, as high as 40 per cent of you didn't use all your vacation time. I'm in that category. Well, here we are: a new year full of promise. Book some days now. You've earned them. Boom, now you have something to look forward to!

The Canadian premiere of Sel8nne is this week in, of course, Winnipeg. It's a film about Teemu, and after watching the trailer a dozen times, I'm convinced I'll love him even more after the movie. Find it Tuesday and Wednesday at The Park Theatre.

It's been five days, and you haven't broken any of your New Year's resolutions yet. That's big. Also big? It's so not too late to start over if you slipped up once or twice already. You're in charge of you.

Also, in general terms, I know many people feel a bit of extra hope and optimism around this time of year. I don't know why exactly that happens but I get that feeling as well. Sometimes these feelings fade a bit as time goes on, so maybe act now. This really can be your year.

ACE BURPEE IS A WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

N.Y. paper gives The Forks a 'proud moment'

Staff at The Forks is celebrating a "proud moment" after their popular river trail, along with its prominent warming huts, was featured in the New York Times newspaper.

"The warming huts competition has received a lot of international attention," said Chelsea Thomson, manager of marketing and communications for The Forks.

"Last year, we hosted several bloggers from all over North America, with help from Tourism Winnipeg and Travel Manitoba, and we knew from there that the story was getting out."

Quoted

"I think what we do is show that ... you can bring things like high-end art to the general public."

Chelsea Thomson, manager of marketing and communications for The Forks

The New York Times article, entitled "In Winnipeg, a skating rink that doubles as a sculpture park" and written by Elaine Glusac, highlights the Red River Mutual Trail, the warming huts and the pop-up restaurant on the frozen river, RAW:almond.

Thomson said they're happy to see the increased global attention because it means people "are inspired by this competition that we have and how we embrace winter."

"We're happy that what we're doing is catching on," she said.

"Everyone knows we have extreme cold temperatures and it lasts a good portion of the year, and I think what we do is show that you don't have to stay indoors and you can bring things like high-end art to the general public.

"If we've learned anything, it's to be prepared for anything," Thomson added.

BERNICE PONTANILLA/METRO

Embattled Selinger officially enters race to keep his job

'Second priority.'
Premier says he intends to focus much more on government business than on NDP leadership contest

Premier Greg Selinger launched his campaign to keep his job Friday, filing nomination papers at NDP headquarters for a leadership race that has been forced upon him.

"For sure, it's a challenging set of circumstances. But my objective has been to make it as democratic a process as possible," Selinger, who will remain as premier during the race, told reporters.

Selinger has been facing a caucus coup over the government's low poll numbers, which prompted five senior cabinet ministers to resign in November after suggesting Selinger consider quitting.

Theresa Oswald, one of the ministers who resigned in November, has already launched her campaign. Also in the race is Steve Ashton, a former infrastructure and transportation minister who stayed away from the caucus coup but later threw his hat in the ring.

"I've got a lot of respect for Greg Selinger, for the five years he's served as our premier," Ashton said Friday.

"I will be, and have been putting forward, some very different perspectives."

Selinger has kept a low profile in recent weeks and said Friday his intention is to focus much more on government business than the leadership race.

"I intend to spend my time fulfilling my duties as premier of the province of Manitoba and I've done that every day.

"There is a leadership contest going on. That will be the second priority."

Selinger indicated he will not promise any big changes during the leadership campaign — only expand on items in the government's November throne speech, such as new child-care spaces.

THE CANADIAN PRESS

Contenders make pitches

Ashton and Oswald have been promising new measures.

- Ashton said Friday he would appoint a new minister of local food to promote Manitoba meat, fish and more.
- He said it would not lead to a separate department or increased costs and could be handled by a minister who already has other portfolios.

Premier Greg Selinger said the leadership campaign will be his second priority, after running the provincial government.
THE CANADIAN PRESS

Chief opts out of leadership race, backs Selinger

Cabinet minister Kevin Chief METRO FILE

A Manitoba cabinet minister who has been touted as a potential NDP leader has decided not to enter the race.

Kevin Chief said late last week he kept the door open for a leadership run but he has now decided his efforts are best focused on his cabinet and constituency duties.

"I'm still learning a lot," said Chief, who was first elected to the legislature in 2011.

"Having the opportunity to serve in a cabinet is very exciting, and being able to represent a neighbourhood that has given me so much not only makes me very proud, but this is where I do believe I can make the biggest contribution."

Chief, 40, represents the Point Douglas constituency — a low-income area in Winnipeg's core. The former community leader has been seen as a rising star in the NDP and has held three cabinet posts. He is currently minister responsible for the City of Winnipeg and minister of jobs and the economy.

Chief said Thursday he is supporting Premier Greg Selinger, although he appeared to choose his words carefully.

"I've always said that the premier has always been very supportive of me and the work that I've done. I believe that when someone is supportive, you reciprocate that support, because that is how you get things done for people.

"As a sitting cabinet member, sitting in the premier's cabinet, I do support the premier. I think that's important to be effective in the job that I'm doing." THE CANADIAN PRESS

Focus

"Being able to represent a neighbourhood that has given me so much not only makes me very proud, but this is where I do believe I can make the biggest contribution."
Kevin Chief

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50 YEARS

Teenager charged after baby found dumped in recycling bin

Stable. It was about -30 C outside when the child was abandoned

A series of recycling and garbage bins line the back alley on Pritchard Avenue, where a 19-month-old girl was found inside a recycling bin. SHANE GIBSON/METRO

A teenager has been charged after a 19-month-old girl was found in a recycling bin in freezing weather, Winnipeg police say.

Officers responded to a call at about 6:30 a.m. on Thursday in the 500 block of Pritchard Avenue and found the partially dressed baby in an outdoor recycling bin with life-threatening injuries, police said.

They added the little girl had been outside for several minutes before being discovered. She was transported to hospital and is now listed in stable condition.

A police spokesman said the incident started when a fight broke out at a house party.

"The accused grabbed the infant and ran off," said Const. Eric Hofley.

He said the suspect then tripped, fell on the child and "discarded her in the dumpster" before returning to the home and getting into a fight with a 13-year-old girl.

"It was at the time approximately -30 C with the wind chill here in Winnipeg, and the child only had on a diaper and pants," said Hofley.

It was "just by the grace of good fortune" that a man who had been chased off from the party heard the baby crying and called police, he said.

The baby, the 13-year-old girl and the accused are related, police said, without providing further details.

A 17-year-old boy faces charges including criminal negligence causing bodily harm, abandoning a child, possession or consumption of liquor by a minor and assault. THE CANADIAN PRESS

More online

For more news, visit metronews.ca

Be advised

City cat owners face fines if pets not licensed

A warning for Winnipeg cat owners about pet licences: as of now, the city can fine people up to $250 if they don't have a licence for their furry friend.

The licence costs $15 if the animal is fixed or $50 if the kitty is intact.

Part of the money goes to spay-and-neuter programs to help control the cat population.

Cat licences are available online, at most pet stores or by calling the city's 311 phone number. CJOB/THE CANADIAN PRESS

Impaired driving

RCMP release final 2014 Christmas Checkstop stats

Manitoba RCMP slapped 93 people with impaired-driving offences and handed out 58 suspensions during the 2014 Christmas Checkstop Program.

The month-long push saw Mounties check 9,512 vehicles at 348 checkstops.

Police also busted 18 drivers for other Criminal Code driving offences, handed out 45 tickets for not wearing a seat belt and laid 1,428 other Highway Traffic Act charges.

Last year, RCMP checked 10,094 vehicles at 357 checkstops and charged 110 drivers with impaired-driving offences. METRO

McKenzie Street

Police make more arrests in B-Side drug investigation

Police continue to make arrests following a drug investigation that started back in the fall, targeting a Winnipeg street gang.

Eight people were charged after police raided a home in the 600 block of McKenzie Street on Dec. 10.

In a release at the time, police said the arrests were connected to an investigation that began in mid-October into drug dealing by members of the B-Side street gang.

Police announced four further arrests Sunday.

Fabian Bushie, 19, Brittany Lynn Laquette, 25, Brendan Shane Murdock, 20, and a 19-year-old man, all from Winnipeg, are all facing charges related to cocaine trafficking. METRO

Grace Hospital

Burst pipe floods daycare, health centre

The Winnipeg Regional Health Authority (WRHA) was left scrambling to find a dry place to house services offered at a west Winnipeg health-care centre after a burst water pipe caused "significant damage" to the building Sunday.

A WRHA spokeswoman said a water pipe burst on the third floor of ACCESS Winnipeg West at the Grace Hospital early Sunday morning but wasn't discovered until noon.

"The building is not usable," she said. "We're in the process of determining where staff and services will be located until the damage is repaired."

She said the building's main, second and third floors were damaged.

A branch of Horizon's Daycare, located on the main floor, is also scrambling to find space for their 60 kids, a spokesperson confirmed. SHANE GIBSON/METRO

Expense for Canada's 150th birthday rising

$12 million. The figure is based solely on ad and promotion costs and is $5 million more than the government said it would spend

Talk about an expensive birthday party invitation: recently released federal spending figures show advertising promoting Canada's 150th birthday — two years from now — has cost nearly $12 million so far.

That's $5 million more than the government had said last fall it was spending on Canada 150 advertising because it's now including other programs as part of the party.

An estimated $6.5 million is being spent producing and running ads about the Charlottetown and Quebec conferences currently running on social media and mainstream media channels clearly tagged as being connected to the anniversary.

But the Conservatives are also bundling their campaign marking the bicentennial of the War of 1812 under the Canada 150 banner, adding the $5.2 million already spent on that to the cost of advertising the upcoming national birthday celebrations.

The War of 1812 ad campaign was the first of a series along the road to 2017, said Marisa Monnin, a spokeswoman for Heritage Minister Shelley Glover.

"Through these advertising campaigns, the government of Canada will encourage Canadians to learn more about their history, commemorate events, celebrate accomplishments and honour people that helped shape what Canada is today," she said in an email.

Liberal heritage critic Stephane Dion said the ad buy seems like the government trying to burnish its image. While they're running ads, they've yet to unveil any actual events to mark the milestone, he said.

Monnin says the plans are in the works but didn't disclose details.

The Conservatives have long been attacked for using government ads in a partisan manner. One sore spot was the $2.5 million spent advertising an apprenticeship program before the program was even official.

THE CANADIAN PRESS

Spending questions

The cost of the ads was published in an answer to an order-paper question posed by the Liberals, in which they asked for spending on Canada 150 advertising by departments between 2010 and 2020.

- Only the Canadian Heritage Department had figures to share, and they detail spending until the 2014-2015 fiscal year. The documents say spending after that is not available.

Edmonton Polar Plunge draws record numbers

An extreme cold alert with temperatures in the -20 C range didn't stop Edmonton police officers Katlyn Prins, left, and Tania Ferguson, right, from taking a Polar Plunge for the Special Olympics on Sunday in Edmonton. The annual event drew the largest number of participants in its history and raised $15,000 for athletes.

RYAN TUMILTY/METRO IN EDMONTON

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Bill Cosby's Ontario shows set to go ahead despite controversy

Sex abuse allegations. Comedian is scheduled to perform in Kitchener, London and Hamilton on Jan. 7, 8 and 9

Maureen Dragasevich still has fond memories of gathering with her family to listen to Bill Cosby's jokes as a kid. When she heard the comedian would be performing in Ontario, she and her siblings bought tickets to a show as a birthday present for their father, all in an attempt to relive what was once a family tradition.

But after a flood of sexual abuse allegations against Cosby in recent weeks, Dragasevich and her family have decided not to attend the performance, joining a growing number who are speaking out against his three scheduled appearances in Canada.

"Given the fact that he's played Mr. Jell-O Pudding and Dr. Huxtable, I think we kind of find it harder to believe," said the 59-year-old Aurora, Ont., resident.

"But we hold him accountable for his behaviour and his behaviour is disgusting."

Cosby, who is in the midst of a standup concert tour, has had to deal with the cancellation or postponement of at least 10 of his shows as the scandal continues to swirl, but his appearances in three Ontario cities seem set to go ahead, despite local opposition.

Cosby is set to perform in Kitchener on Jan. 7, London on Jan. 8 and Hamilton on Jan. 9.

The Ontario venues hosting Cosby have said his shows are being handled entirely by an external agent, which has indicated the events are still going ahead. The Ontario venues have also emphasized their contractual obligations to allow the shows to continue.

One venue — Kitchener's Centre In The Square, where the first show is set to take place — addressed residents' anger directly.

"While we may personally share concerns raised by the community, if The Centre forces a cancellation of this rental show it isn't simply a situation of giving back the rent," it said in a blog post, noting that it would also need to pay any "guarantee fee" to Cosby, compensate the promoter for box office losses and show expenses, and refund patrons.

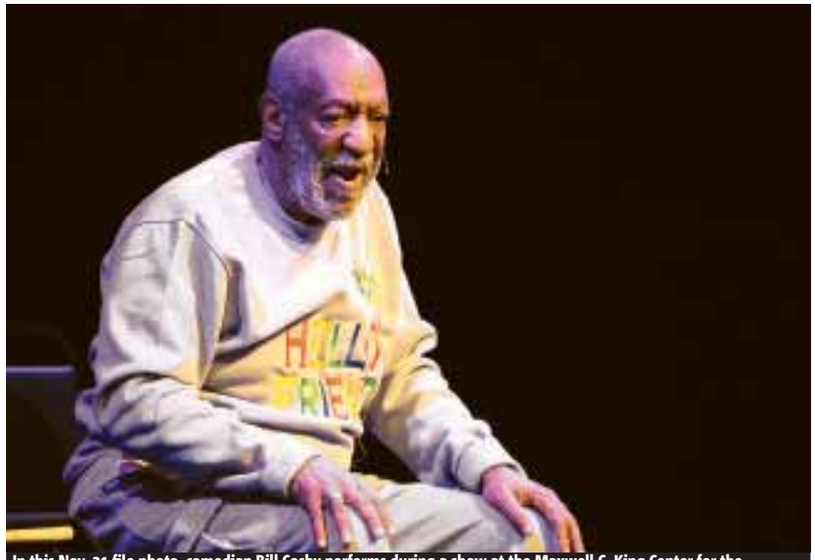
After noting the venue's stance, a handful of Kitchener residents came up with a way to demonstrate their opposition by holding an alternative event, which will run at the same time as Cosby's show, with proceeds going to two women's crisis support centres in the region.

"Too often we fail survivors of sexual assault, we shame them, we blame them, we doubt their experiences and so it's in moments like this that we have an opportunity to stand in support of survivors in our community," said Sara Casselman, a spokeswoman for the Sexual Assault Support Centre of Waterloo Region, which will be benefiting from the event.

The event — called Voices Carry — was triggered by a local broadcaster musing on Twitter about whether an alternative fundraiser could be pulled together. Those who have purchased tickets to Cosby's show can gain free admission.

Cosby's representatives did not respond to a request for comment.

THE CANADIAN PRESS



In this Nov. 21 file photo, comedian Bill Cosby performs during a show at the Maxwell C. King Center for the Performing Arts in Melbourne, Fla. PHELAN M. EBENHACK/THE ASSOCIATED PRESS FILE

Allegations of abuse

Cosby's image has been pummelled in recent weeks by a flurry of allegations that he drugged women and sexually assaulted them, with some accusations dating back to the 1970s.

- He has never been criminally charged in connection with the accusations, and his lawyer has denied many of them. Cosby also settled a lawsuit in 2005 with a Pennsylvania woman who said he drugged and fondled her.

Dalhousie profs file complaint against dentistry students

A Dalhousie University faculty member, who has filed a complaint with three other professors over male students who allegedly posted sexually hateful messages online about women, says she was acting on behalf of other students who feel more needs to be done.

Francoise Baylis of the university's medical school said Sunday that the professors filed a formal complaint under the students' code of conduct to Anne Forrestall, the school's acting vice-provost of student affairs, on Dec. 21 and hand-delivered a print copy the following day.

She says the complaint asks that the dentistry students involved in the Facebook group where misogynistic comments were allegedly posted be suspended on an interim basis prior to the return of classes on Monday.

Baylis said the professors have heard from students who are not satisfied with the current informal restorative justice process.

"We are deeply committed to creating a situation whereby no individual student would have to put themselves at risk if they wanted to bring forward a complaint," she said in a phone interview on Sunday.

"As people at the university with a faculty appointment, it seemed like a reasonable thing for us to do, to make sure no student would themselves have to feel obliged to make that complaint … and no student thereafter would bear any negative consequences for having attempted to bring forward a formal complaint."

The three other professors who signed the complaint are Jocelyn Downie of Law and Medicine, Brian Noble of the faculty of Arts and Sciences, and Jacqueline Warwick of the faculty of Arts and Sciences, Gender and Women's studies.

Baylis said the effects of the hateful messages extend beyond those directly involved in the school of dentistry.

She says the professors are concerned because the complaint has not been addressed by administration. She says the group initially wanted to keep their names confidential, but decided to go public because of the delays in processing the complaint.

THE CANADIAN PRESS

In detail

University president Richard Florizone has said 13 men in the fourth-year of the dentistry program were members of a Facebook group where comments were posted. The page has since been taken down.

- According to the CBC, members of the Class of DDS Gentlemen page on Facebook voted on which woman they'd like to have "hate" sex with and joked about using chloroform on women.
- In another post, a woman is shown in a bikini with a caption that says, "Bang until stress is relieved or unconscious (girl)."

Mont Ste. Marie, Que.

Skiers rescued after being stranded on broken chairlift

Dozens of skiers and snowboarders had to be rescued after being trapped on a broken chairlift at a ski resort near Ottawa on Saturday.

Bob Sudermann, co-owner of the Mont Ste. Marie resort in Lac-Sainte-Marie, Que., says the chairlift had mechanical issues and was shut down around noon.

Sudermann says all 80 riders were rescued from the lift shortly before 4 p.m. by resort staff and members of the Canadian Ski Patrol.

With cold temperatures in the forecast, management was concerned about the health of the stranded riders and worked quickly to get them back on the ground.

It was -12 C on Mount St. Mary's on Saturday and with the wind chill, it felt more like -21 C. The ski centre was expected to be open again on Sunday morning.

THE CANADIAN PRESS

Barrie, Ont.

Rental car seized in drug bust after collision

A central Ontario man is going to have a tough time explaining this one to the car rental agency.

Police say the 36-year-old Barrie, Ont., man was involved in a minor collision on Saturday.

Barrie police say that when officers arrived it's alleged they found crack cocaine and a pipe.

The driver was charged with possession of a narcotic and impaired driving and police say the rental vehicle he was driving was confiscated and will be held for 45 days.

And investigators say the accused man's girlfriend became upset over his arrest and allegedly opened the police cruiser door in an attempt to free her boyfriend.

The 31-year-old woman is facing a charge of obstructing police.

THE CANADIAN PRESS

Car recalls hit a new high

8 million in Canada. Companies fearful of becoming next GM, which is facing several lawsuits, says expert

Canadian auto recalls hit an all-time high last year, with more than eight million vehicles affected, as several high-profile problems with faulty airbags and ignition switches brought safety issues to the forefront.

Automakers issued nearly 600 recall notices on Canadian vehicles in 2014, according to data from Transport Canada.

The previous record for the highest number was set in 2010, when automakers issued 468 recall notices affecting 1.5 million products, including vehicles, car seats and tires. But the total number of vehicles affected was higher in 2013, when manufacturers recalled two million products, despite the total recall notices being lower at 466, according to a Canadian Press analysis.

Industry observers say automakers are issuing recalls en masse in an attempt to prevent future problems, after defective ignition switches led to numerous crashes, at least 58 injuries and 42 deaths. GM recalled 2.6 million vehicles worldwide due to the problem, including roughly 368,000 in Canada, but faced criticism for waiting 11 years to do so. The company is now facing several lawsuits.

Quoted

"(Automakers) started to do some housecleaning. And people with skeletons in the closet and bodies in the basement have been pulling them out."

George Iny, president of the Automobile Protection Association

"GM was in a pickle, and nobody else wanted to be the new GM," said George Iny, president of the Automobile Protection Association.

"So they started to do some housecleaning. And people with skeletons in the closet and bodies in the basement have been pulling them out."

Among last year's high-profile recalls were 700,000 Honda Canada vehicles over potentially exploding airbags produced by Japanese parts maker Takata Corp.

At least five people have died in accidents involving the airbags, which can explode with too much force.

THE CANADIAN PRESS

Detroit trade workers build an unconventional home

An unusual home takes shape inside General Motors' Detroit-Hamtramck Assembly plant in Detroit, intended to be part of a movement to rebuild the city's economy and deteriorating, disappearing housing stock. Skilled-trades workers from the factory that makes the electric Chevrolet Volt perform framing, electrical and plumbing work. Come spring, the house-in-progress will be delivered to Detroit's North End neighborhood and secured on a foundation where a blighted home once stood. The 40-foot-long former container will feature 320 square feet of living space with two bedrooms, a bathroom and a kitchen, and will serve as home base for a university-student caretakers of a neighbourhood farm and agricultural research activities.

CARLOS OSORIO/THE ASSOCIATED PRESS

No more doom, gloom. Traders hopeful in 2015

Despite some end-of-year declines, investors appear eager to build on the overall gains of 2014 as markets begin their first full week of trading in the new year.

"Traders will probably be shaking off the doom and gloom of the last couple of weeks and starting the year fresh and with a better perspective," says Paul Vaillancourt, executive vice-president of private wealth at Calgary-based Fiera Capital.

On the Toronto Stock Exchange, the mood improved early as the TSX rebounded to a triple-digit gain on Friday after closing out 2014 with a small decline on Wednesday.

The TSX ended 2014 in positive territory, up seven per cent overall, although down from its highs of the year and an almost 10 per cent advance in 2013.

On Friday, the S&P/TSX composite index finished the first trading day of the year up 121.21 points at 14,753.65.

Vaillancourt said that a lot of what will be driving equity markets in 2015 is an anticipated strong performance from the U.S. economy, which seems on track with its recovery. This will likely lead to a similarly positive showing in the Canadian economy and may be enough to offset the plunge in crude prices, should it continue.

"The U.S. economy is going to continue its strong leadership, and our view is that Canada will benefit on the export side ... manufacturing and so on," he said. THE CANADIAN PRESS

The 'Year in Book' club

Facebook CEO to read a new book every other week

Mark Zuckerberg announced on his Facebook page recently that he will read a book every other week in 2015, with an emphasis on learning about different cultures.

The Facebook founder and CEO urged his friends to join him in the project. As of Sunday, his 'Year in Book' page had more than 89,000 likes. The first book in his program, Moises Naim's The End of Power — first published in 2013 — was out of stock Sunday on Amazon.com and had a sales ranking of No. 203.

THE ASSOCIATED PRESS

Greece and the euro

'No change of course': Germany

A spokesman for Chancellor Angela Merkel says Germany hasn't shifted its view on Greece leaving the euro. In a report Saturday, German weekly Der Spiegel had cited unnamed government officials indicating that Merkel and her finance minister no longer believe it would be too risky for the 19-member bloc if Greece dropped the currency.

Germany's deputy spokesman Georg Streiter refuted the report, stating "there is no change of course." He also reaffirmed Germany's position that Greece3 must fulfill its EU obligations.

THE ASSOCIATED PRESS

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Child crash survivor helps investigation

'One remarkable young lady.' Sailor Gutzler treated at Kentucky hospital and released to relative

Sailor Gutzler, a seven-year-old girl who survived a plane crash in western Kentucky, walked a mile through the cold, dark woods to safety and then helped authorities locate the wreckage and remains of her family, may not be done helping investigators.

National Transportation Safety Board (NTSB) investigator Heidi Moats said Sunday that Sailor is "one remarkable young lady" and she might able to assist them with determining what brought the plane down. It is rare for someone to survive a small-plane crash, and Moats said they want to talk to Sailor about it.

It's not clear when investigators might talk to Sailor, who despite being bloodied and suffering a broken wrist, pulled herself from the wreckage and walked to the nearest home.

She was dressed for Florida, where her family had been visiting, and was wearing shorts, a short-sleeve shirt and only one sock when she found a home about a mile from the crash site. Authorities said she walked through thick woods and briar patches in near-freezing temperatures.

"She absolutely went to the nearest house that she could have," Kentucky State Police Lt. Brent White said. "But it was still a considerable feat for her to do that."

The remains of the Piper PA-34 plane were moved Sunday so officials with the NTSB can inspect it. They haven't discussed any possibilities of what brought the plane down or how Sailor survived.

The agency will issue a preliminary report in about 10 days, Moats said at a news conference in Eddyville, Ky.

Sailor was treated at a hospital and released to a relative Saturday.

Sailor walked to the home of 71-year-old Larry Wilkins, who answered her knock at the door and called police. Wilkins said the girl was crying and covered in blood.

"She told me that her mom and dad were dead and she had been in a plane crash and the plane was upside down," Wilkins said.

Sailor was alert and able to point emergency workers looking for the plane in the right direction, said Lyon County Judge executive Wade White, who arrived at the crash site. THE ASSOCIATED PRESS

NYPD officers turn backs during mayor's eulogy at funeral

A lone police officer stands front as other colleagues turn their backs while Mayor Bill de Blasio speaks during the funeral of New York Police Department officer Wenjian Liu at Aievoli Funeral Home, Sunday, in the Brooklyn borough of New York. Liu and his partner, officer Rafael Ramos, were killed Dec. 20 as they sat in their patrol car on a Brooklyn street. The shooter, Ismaaiyl Brinsley, later killed himself. The show of disrespect toward Mayor de Blasio added to tensions between the mayor and rank-and-file police even as he sought to quiet them. JOHN MINCHILLO/THE ASSOCIATED PRESS

Eight missing as ship capsizes off Scotland

British rescue teams searched Sunday for eight missing crew members from a cargo ship that capsized north of Scotland.

Searchers on two helicopters and four lifeboats were looking for survivors from the bulk carrier Cemfjord, which was carrying cement from Aalborg, Denmark, to Runcorn on England's west coast. A passing ferry in the Pentland Firth off Scotland spotted the upturned hull of the Cyprus-flagged ship Saturday.

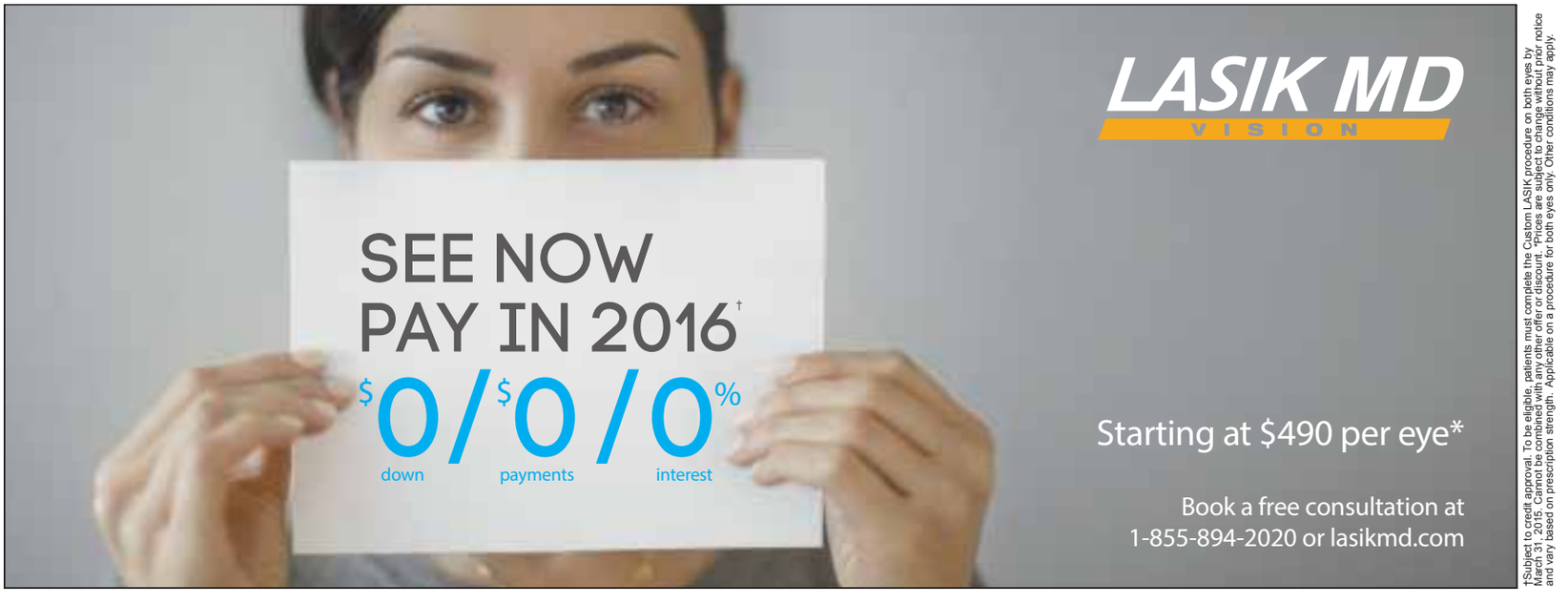
The hull sunk below the water Sunday and the 83-metre vessel was no longer visible, the Maritime and Coastguard Agency said.

Tony Redding, a spokesman for the German shipping company that operated the vessel, said there had been no distress signal from the ship and that the last communication with the vessel was routine.

The company said seven of the crew members were Polish and one was a Filipino.

Another cargo ship — a car carrier — ran aground in the Solent between Southampton and the Isle of Wight on Saturday. Officials said 25 crew members were rescued, but the ship remained grounded Sunday, listing at 45 degrees.

THE ASSOCIATED PRESS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VOICES

WHAT YEAR IS IT?

Hello, 2009! The provincial NDP leadership race is back to the future all over again

INSIDE THE PERIMETER
Shannon VanRaes

It's been a confusing few days.

On New Year's Eve, when the clock struck midnight, I really meant to shout out, "Happy 2015!" But much to my chagrin, I yelled, "Happy 2009!" instead.

Undoubtedly, a few provincial NDP members made the same embarrassing faux pas.

But can anyone really be blamed if — in a haze of holiday cheer or political ambition — they lose track of what year it is?

While January is traditionally a period of new beginnings and fresh starts, Manitoba is bucking the trend and heading backward, back to a year when the global recession and Michael Jackson's death vied for the top news spot, back to the year when Premier Gary Doer stepped down. Maybe 2009 didn't seem that remarkable at the time, maybe we all took it for granted, but then five cabinet ministers called mulligan and here we are again, watching and waiting to see who will become the province's next premier.

Just as in the fateful year that was 2009, longtime MLA Steve Ashton was the second leadership hopeful to file his nomination papers, followed by Greg Selinger last week. One is hoping to take the province's top job; the other is hoping to keep it.

Even Michael Balagus, who was the NDP's chief of staff in 2009, has returned to the Manitoba political scene to pump up his favoured candidate, Theresa Oswald.

The whole plot seems remarkably similar to that which played out after Gary Doer announced his resignation at a hastily convened news conference nearly six years ago.

Of course some actors have been substituted and a few parts rewritten as those in the wings became impatient.

No doubt Oswald spent much of the last six years hunkered down in her garage, carefully tuning up the DeLorean and exchanging faxes with Doc Brown, just waiting for 2015 to arrive.

Back in 2009, many New Democrats urged the then-health minister to run for the leadership. Rumours at the time presented Oswald as Doer's first choice for succession and a favourite with many in the party, but personal reasons kept her out of the running.

And so for some, the current leadership race represents the race that was always meant to be — or at least what they had hoped it would have been in 2009.

But that sentiment isn't universal, and the process has generated more questions than answers, specifically: can you really do the same thing over again and expect a different result?

Especially under the weight of five years of governance and an election that saw the sitting premier capture the greatest number of seats in party history?

There is a real possibility that Selinger will remain premier and Manitobans will be left asking what the point of all this upheaval was — if they aren't already. And when it comes to the 2016 election, "do-over" won't be an option, leaving some wishing they really could head back to the future all over again.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. Thanks to the bite of a radioactive spider, she no longer needs to sleep. She can be reached on Twitter @ShannonVanRaes.

Your Winnipeg

Woo-hoo!

Photo submitted by reader Shel Zolkewich

One of a pair of great grey owls spotted around Chatifield. Photographer Shel Zolkewich went out on the same day that he took this shot to see a third owl about 10 kilometres away in Poplarfield.

The great grey owl is Manitoba's provincial bird. **CONTRIBUTED**

SEE YOUR SHOT HERE: Send us high-resolution snaps of your city to readers@metronews.ca

Upcoming

Mayes wants city to mark centenaries of First World War battles

A Winnipeg city councillor wants the city to consider marking the 100th anniversaries of significant First World War battles over the next few years.

Downtown Development, Heritage and Riverbank Management chairman Coun. Brian Mayes (St. Vital) will ask administration for a report on how the city can best commemorate the centenaries at Monday's meeting.

Mayes, whose grandfather was a stretcher carrier in the war, said council's four-year term lines up exactly with the 100th anniversary of the war, which lasted from 1914 to 1918.

"We should not miss this opportunity to pay tribute," he said in a release over the weekend.

"We can't mark every battle but we also shouldn't just wait until November 2018 to mark the end of the war."

Mayes said he'd like to see city staff consult with veterans groups about how best to mark the historic period. **METRO**

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

'Special' Gwyneth is tired of taking care of everybody else

In case anyone was wondering, Gwyneth Paltrow has some more details about her "conscious uncoupling" from husband Chris Martin last year, conveniently contained in a nice, neat Marie Clare feature interview.

The biggest revelation? It turns out we were all just expecting too much from Paltrow, who really just needed some Me Time.

"I had built my life on trying to be all things to all people, and I just couldn't do it anymore," Paltrow tells the magazine.

"I really had the sense that I wasn't allowed to have needs, and I had to prove my specialness or self-worth by doing all this stuff and taking care of everybody else. And I just sort of hit a wall."

I'd rather not kick off the year psychoanalyzing a mondo-sized case of perceived social martyrdom, so, instead, I'll just say, glad you're feeling better, Ms. Paltrow. You do you.

Bono's days as an air guitar player may be over

In a 2014 year-in-review post on his band's blog, Bono let slip that following his nasty bicycle accident in Central Park — leaving him with an arm broken in six places — his guitar-strumming days may be over.

"Recovery has been more difficult than I thought," he explains. "As I write this, it is not clear that I will ever play guitar again."

Call me a terrible person, but all this talk of Bono not playing guitar just makes me think of U2's 1987 video for With or Without You, which always stuck out to me because, in it, Bono holds a guitar behind his back the whole time, ready to be whipped around and played, but he never, ever does.

I always wondered why he bothered bringing the guitar to the video shoot in the first place if he wasn't going to play it.

But, hey, at least he has plenty of practice at not playing guitar.

Bono

Former Third Rock alien secretly marries founder of a futuristic robot firm

It turns out that Inception star Joseph Gordon-Levitt is a master at stealth celebrity.

Not only has he had a serious girlfriend for quite some time, but they even went and got married when nobody was looking. Gordon-Levitt and Tasha McCauley were wed in a private ceremony at an L.A. home before Christmas.

Oh, and his now-wife is actually a lot cooler than he is. McCauley is a futurist and the CEO and co-founder of robotics company Fellow Robots. A robotics company!

Joseph Gordon-Levitt

Feminist storm is brewing between Kaley and Leighton

We're kicking off the New Year with a continuing debate on what a feminist is and who wants to be one.

Awesome sauce!

First up, Kaley Cuoco-Sweeting, responding to a Redbook query about whether she considers herself a feminist with, "Is it bad if I say no? I was never that feminist girl demanding equality, but maybe that's because I've never really faced inequality." Perceptive, that.

But former Gossip Girl star Leighton Meester was posed the very same question during a radio interview and replied, "Yeah ... It's something that I think all people should say about themselves."

You hear that, Kaley? All people. You just going to sit there and take that?

Kaley Cuoco-Sweeting

Leighton Meester

Even the director admits Spider-Man 3 was 'awful'

Hey, remember that last Tobey Maguire Spider-Man movie back in 2007? With the extra villains? And the bizarre dance break?

Well, director Sam Raimi would be fine with you forgetting all about it.

"It's a movie that didn't work very well. I tried to make it work, but I didn't really believe in all the characters," he tells Chris Hardwick on the Nerdist podcast, describing Spider-Man 3 as an "awful" movie. "If the director doesn't love something, it's wrong of them to make it when so many other people love it."

I wonder what he thinks of The Amazing Spider-Man 2.

Sam Raimi

SCENE

DVD review

Boyhood

Director. Richard Linklater

Stars. Patricia Arquette, Ethan Hawke

Richard Linklater's coming-of-life masterpiece, my pick for the best film of 2014, is narrative drama that unfolds like documentary truth.

In 2002, the Texas writer-director began filming the previously unknown Ellar Coltrane, then seven years old. Linklater kept filming him for the next 12 years as Ellar grew from child to man, navigating the victories and defeats of ordinary life: girls, school, work, drugs, first kisses, shattered dreams.

The saga runs 164 minutes that flash by the way our lives often seem to. Ellar plays Texas lad Mason, who is trying to grow up normally in a family tested by divorce, alcoholism and other life stresses.

Actors Ethan Hawke and Patricia Arquette are Mason's estranged parents, while Linklater's daughter Lorelei plays the lad's precocious older sister. Unlike other films that grapple with the passage of time, these actors add and drop weight, change hairstyles and fashions, and go through different phases of life. They magically transform before our eyes.

At one point in Boyhood, Mason Jr. asks his father if there is really such a thing as magic in the world. No words are necessary. The truth is plain to see up on the big screen, in a movie the likes of which you won't see again anytime soon.

PETER HOWELL

Cats and social media — a purr-fect fit

Kitties cash in. Felines' new-found Internet fame is helping shelters place more of their unwanted cats

Shelters have quickly learned the power of social media when it comes to finding homes for their cats.
THE ASSOCIATED PRESS

Cats these days aren't associated with deities the way they were in ancient Egypt, but the Internet has gotten them a little closer.

We adore Nora the piano-playing cat. We chuckle as a comical feline named Maru leaps into cardboard boxes.

We revel in Grumpy Cat's permanently sour expression. And with millions watching videos of other kitties getting tongue baths from horses and playing peekaboo with their owners, cats have become online stars.

For feline fans, it's a sea change. In the affections of North Americans, cats often get short shrift compared with dogs. Some see cats as aloof, poor companions and indifferent to attention that dogs enjoy.

But with cats' celebrity expanding, experts say cyberspace is aiding their plight.

"Social media has put pets front and centre," says Christie Keith, social media consultant for Maddie's Fund, a California-based foundation that works to save pets' lives. Social media, she says, "is revolutionizing how we help animals."

The Internet has created a vast audience of potential adopters. To save pets' lives, animal welfare organizations are reaching out to an audience addicted to cat videos. Shelters use social media to promote everything from adoption campaigns to free vaccinations, spaying and neutering.

Although there are no comprehensive nationwide statistics, recent studies of targeted communities and available data indicate increases in animal shelters releasing cats to owners or rescue agencies that guarantee adoption.

In one of the studies, conducted by the American Society for the Prevention of Cruelty to Animals, shelters and rescue organizations in six areas from Florida to Washington state supplied data from 2007 to 2011.

Overall, the rates for dogs and cats released to people or agencies rose from 41 per cent to 65 per cent. Cats showed a whopping 111 per cent boost.

It's difficult to pinpoint how much of this good news stems from the Internet, but many online campaigns have seen successes.

A year ago, just before Christmas, the Dumb Friends League in Denver posted a photo and story on Facebook of an 11-year-old cat that had been in its shelter for nearly eight months. Older cats like Ripley are often overlooked by potential adopters.

For her online appearance, Ripley donned a tiny Santa suit. The posting got hundreds of shares and "likes" and netted her a new home, said Megan Rees, spokeswoman for the organization.

The organization has increased its adoption rate of adult cats by 13 per cent over the past year, with help from its website, Facebook and Twitter.

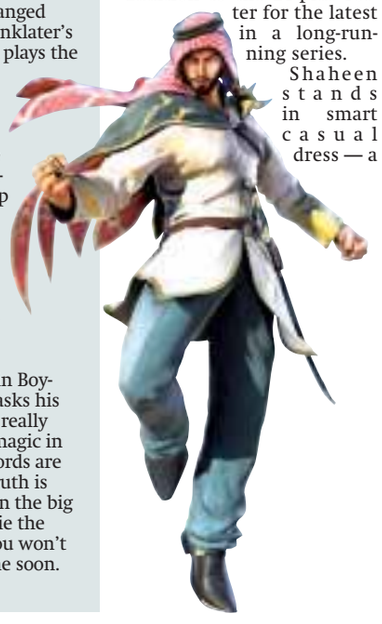
As viewers keep returning to videos of Nora pawing the ivories and Maru running and sliding into cardboard boxes, they are strengthening their bond with the feline species.

"There's something quite fascinating and fun about cat videos," says Dr. Emily Weiss, senior director of research and development for the ASPCA. "What's more compelling than some random compilation of cats doing stuff like knocking things over?"

THE ASSOCIATED PRESS

Gaming. Saudi character coming to Tekken 7

Tekken director Katsuhiro Harada unveiled a new character for March 2015 fighting game Tekken 7, a new addition to the 21-plus roster for the latest in a long-running series.



Shaheen stands in smart casual dress — a checked headscarf with thick black circular cord resting atop of it, a stylized overgarment, embroidered sleeves and cloak, and chunky, pale blue trousers paired with pointed black shoes.

His personal background is unknown, but jeweled rings, a large ornamental brooch, and golden motifs adorning cloak and top can be taken to imply wealth and power.

Harada posted the image to Twitter, Facebook and Japanese social networking site Twipple.

The character was first shown as a concept art mock-up in August 2014, with Harada developing a dialogue with fans over the creation of several new characters.

The inclusion of a Saudi character builds on the introduction of Modern Oasis in 2012 console release Tekken Tag Tournament 2, a Saudi Arabian backdrop that took its place alongside other stages from around the world. AFP

Start 2015 off by exploring great literary works, epic sci-fi films and an island-hopping adventure

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Ebooks

The Secret Life of Books

By. The Open University

iPad

This is a chance to explore the original handwritten manuscripts and first editions of six literary classics including the novels of Jane Eyre, Charles Dickens, Mary Shelley, and William Shakespeare. Based on the BBC TV series, this interactive book includes virtual rooms, links to online resources, and most compelling, video tours of the rarest of research archives.

App

BFI Sci-Fi: Days of Fear and Wonder

iPad
Free

Explore 60 of the greatest science-fiction films of all time in this art book analysis that includes clips, trivia, images, and timeline connections which reveal influences between different films.

Video game

Name. Seabeard

For. iPhone/iPad

Rated. 4+

Comparisons between Seabeard and Animal Crossing are unavoidable, but in this case prove positive as the island-hopping adventure borrows Nintendo's childlike sense of wonder to create something very distinct. With gorgeous, charming visuals, you sail between islands via sea creature mini-games to complete daily tasks.

Get a handle on your net worth

Fresh start. If you want to do things differently this year, it's time to tally up what you own — and what you owe

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

If you made financial mistakes last year, take the opportunity now to begin anew. ISTOCK

Last year came and went faster than Usain Bolt. Whew! While a lot of people wrote and tweeted me to say they're finally taking control of their money, I also expect some lived like there would be no tomorrow and are now looking at a hot, stinky pile of, um, mess that they now have to clean up.

If you just couldn't figure out how to make your money work in 2014, consider this your opportunity for a new start. It's time to take another kick at the can.

I'm a great one for making mistakes. I used to think I had to be perfect. Then I had kids and realized I'd never be perfect again, so I decided I'd better get used to just being pretty great.

I'm not afraid of making mistakes — or getting caught — anymore. Now I just say, "I'm sorry," and move on to the next step, having learned from my mistakes.

Of course, learning from mistakes means first acknowledging what a big screw-up you've been. Have you found yourself running out of money between pays? Wondering why the debt just will not go away no matter how hard you try? Always seem to be in overdraft? Want things to be different this year?

Take a snapshot of where you are right now so you have a benchmark for measuring how you're doing throughout the year. Say hello to your net worth, which is a look at what you own minus what you owe to see how much you realio, trulio, have got.

Fanatics do a net worth statement as often as every month. But you should have a life, so doing a net worth update every six months or so should suffice.

There are several net worth calculators on the web. If you want to use the one at gailvazoxlade.com, look under Resources for the Net Worth Statement.

Don't try to skew the results in your favour. The point of the net worth statement is to give you a realistic picture of where you are now so you can measure your progress.

People routinely include their personal effects as an asset. Don't. These aren't very saleable and you're just deluding yourself if you assign your things more value than you could ever realize from selling them. Ditto for collectibles unless you're in the biz. If you do believe you have something of value, have it appraised. Don't just guess.

One asset we like to push up the value on is our home. The house two blocks over just sold for $1.7 million? Jeez, that puts you in a pretty good place.

But just remember, Ms. Happy-I-Own, unless you're planning to sell that home and move somewhere cheaper, those assets are going to be tied up for a long time. Don't get over-enthusiastic about real estate values, particularly in an up market. Feeling smug to the point of not building other assets, say for retirement, isn't the point of the net worth statement.

While the current value of your pension plan is an asset, it can be challenging putting a present-day value on that future income. So for your net worth statement, include the amount you could withdraw if you changed jobs.

On the liabilities side of the equation, don't forget to include your overdraft (if you're in it), buy-now-pay-later purchases on which you still owe money (even if it isn't due yet), back taxes, money you've taken from your RRSP to buy a home or go to school, and (heaven forbid) pay-advance loans.

Having taken this snapshot, you're going to use it as your guide for moving forward. As long as you're paying down your debt and adding to your savings, your net worth will keep going in the right direction.

Tracking your net worth will also help you see how you're progressing toward your goals.

Trying to build up a down payment for a home? Want to take full advantage of the Canada Education Savings Grants for your kids? Setting a goal for what you want to accomplish will make it much more likely to happen. Using your net worth statement to track your progress keeps the goal front and centre in your decision-making.

A net worth statement is also invaluable when it come to things like deciding how much insurance will be enough or estimating your retirement income as you close in on D-day. As for checking your progress, as long as your current liabilities are covered by your current assets, you've got a good base from which to build.

Owe more than you own? Don't become disheartened. The point is to make a plan for changing what you're doing so your next net worth update shows progress. Do nothing different and you can expect to be no further ahead the next time the calendar clicks over.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Don't forget the interest

- If you really want to be realistic about what you owe, you will also include the interest costs associated with your liabilities.
- If, for example, you have a car loan for $24,000 over 72 months at five per cent interest, you should add that $3,800 in interest to your liabilities. There are loan calculators on the Internet to help you do this.

Nutrition

Obesity doesn't always mean poor health: Study

U.S. scientists encouraged 20 obese people to eat extra fast food for several months, and found that about a quarter stayed in good health despite the additional pounds they gained. Subjects were encouraged to eat 1,000 extra calories per day. **AFP**

Got a thick skin? You could make a living as a paintball tester. ARIEL BRAVY

Hard living. Thousands apply for paintball-testing position

Some 10,000 people from around the world have applied to be shot at as a paintball bullet tester, according to the British company posting the job advertisement.

UKPaintball, which has more than 60 paintballing venues in Britain, said it was stunned by the response to its search for a "human bullet impact tester."

Candidates from not just Britain, but as far away as Canada, the U.S. and India have applied for the $72,000 a year job testing the impact of paintballs. "This incredible response is the last thing we expected when we posted the advert," said UKPaintball owner Justin Toohig. "We couldn't have predicted that so many people in the U.K. and beyond would want to get shot for a living." **AFP**

Make your Facebook profile ready for the clicks of any creeping colleague

Career. Sweep up your social media presence by taking these tips into consideration

LAUREN MARINIGH
TalentEgg.ca

Limit what content future employers may find by cleaning up your Facebook profile to feature only those people you associate with regularly. ISTOCK

You have heard it time and time again: be aware of what you're posting on Facebook, because once it's out there, there is no turning back.

Employers are becoming more and more socially active, so doing a social media screening before even contacting you for an interview is now standard practice.

How do you make sure that your Facebook profile is job-hunt ready? Here are some tips.

Delete

Start with the obvious: delete everything off your Facebook profile you wouldn't want an employer to see.

Photos are the best place to start. While they may remain in Google search results for a while, getting unprofessional photos off your profile stops them from going any further.

Go through all your albums, notes and pages that you have liked as well. Make sure to remove anything you wouldn't want people outside your friend circle to stumble upon.

Also go through your friends and see who has tagged you in photos that you no longer want to be posted, request they take them down, and un-tag yourself.

Un-friend

Go through the list of connections you've collected over the years on Facebook. Un-friend anyone that may make you look bad.

Just because your profile may be closed and private, that doesn't mean theirs is.

A good rule of thumb to start cleaning your friend list out: think about the last time you talked to them. If you can't remember when, where or why, it's probably time to go.

Update your privacy settings

Leaving privacy settings on "default" will likely open your Facebook profile to the outside world.

Go through each setting within your privacy settings and make sure they are set to the appropriate setting.

Make sure that non-friends only have access to information you want to share.

Double-check your privacy settings each time you post, as some posts can default to appearing to all users, not just your network.

With Facebook's constant updates, it's hard to keep track of how these settings may change.

Keeping your Facebook profile clear of anything that may halt a hiring manager is key to career success.

Don't ignore it and hope no one checks — you may be forgetting something that you posted years ago.

Always give your Facebook profile a regular scan through, and update.

Make it a regular part of curating your online presence.

Think first, post later

Although it's impossible to go back and tell yourself not to post something, you can exercise some caution moving forward.

- Think about your goals as a job-seeker or professional before you post anything. This includes photos, wall posts on friends' walls, statuses, etc.
- If you wouldn't want an employer to read it, don't post it.
- Set up your timeline and tagging settings so that you will have to approve anything you are posted in before it goes up on your profile.

We love our web

Email, Internet remain top workplace tools: study

Americans see email and the Internet as the most important tools for productivity at work, and still prefer landlines over cellphones for the office, a study showed Tuesday.

The Pew Research Center found 61 per cent of those surveyed cited email as "very important" for their jobs and 54 per cent said the same for the Internet.

The figures were even higher for office-based workers.

More than one in three surveyed said the landline phone was an important tool for work, compared with 24 per cent for a mobile or smartphone.

And despite the rise of social networks like Facebook and Twitter, just four per cent in the survey said these platforms were important for the workplace.

"Email is to the digital age what stone-sharpening tools were in the prehistoric age," said Lee Rainie, director of Internet, science, and technology research at the Pew Center.

"Email has proven its worth on the job as the foundational 'social media' day by day even as rival technologies arise.

"It was the killer app 45 years ago for the early Arpanet and it continues to rule workplaces despite threats like spam and phishing and competitors like social networking and texting." AFP

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Harnessing the hiring potential that an Internet presence can provide a person

Career. Learn to leverage social media and take your career to the next level

MARIANNE HAYES
Metro in New York City

Are you using social media to elevate your chances of employment? ISTOCK

These days, it's hard to find someone who isn't on social media. It comes as no surprise that one 2014 Pew study found that 74 per cent of online adults use social networking sites. But are you leveraging social media to take your career to the next level?

According to a recent Jobvite survey of nearly 2,000 recruiters, more than half said they'd reconsidered a candidate based on their social profile. What's more, 94 per cent use LinkedIn to recruit new employees. This begs the question: How can you utilize social media to land the job of your dreams?

Here to weigh in is Caity Kauffman, social media and digital marketing manager for the Tampa Bay Lightning. At 25, Kauffman is living proof that understanding social media pays off. In fact, she used connections made on Twitter to secure her first job out of college. Since then, she's cultivated a loyal social media following and is considered an up-and-coming millennial voice in Tampa Bay.

Here are a handful of Kauffman's most valuable tips for upping your career through social media.

Tweet your resumé

It may sound a little out there, but tweeting your resumé can be a great way to get exposure. For Kauffman, doing this actually led to a job producing a Sirius XM radio show. (Thanks to a retweet.)

"I actually gave the same advice to a girlfriend in Philadelphia," says Kauffman. "She tweeted out her resumé and an ad agency found her and hired her as a junior copywriter."

Creating an online portfolio of your work is another little thing that can have a big impact. It's also easy to promote on social media and paints a more complete picture of your skill set, especially since a resumé is typically only one page long.

Reach out to new contacts (without being creepy)

Got your eye on a potential new contact you're itching to connect with? The last thing you want to do is come on too strong, which can spoil the relationship before it even begins. Instead, Kauffman advises starting off slowly. Begin by following the person on social media, gradually commenting and retweeting wherever you can. This opens the door for some interaction.

"Engage with them naturally as if they have nothing to offer you," says Kauffman. "Once they start tweeting back and you have a couple of back-and-forths, I would send them a DM or email if possible."

The worst thing you can do at this point is ask them how they can help you. Instead, just ask them to grab coffee so that you can learn from their experience. In other words: Don't treat them like a stepladder.

If you're eager and motivated, Kauffman says, most people will want to help you. So focus on building relationships slowly before you start asking for favours.

Update your profile

LinkedIn is definitely the most utilized social media platform when it comes to job searching. Kauffman really drives home the importance of making sure your profile is completely filled out all the time. Every time your job changes, make certain that you update it with your full job description.

"I also accept [connection requests] from people I don't know if they're in my industry," says Kauffman. "And I always accept recruiters – you never know what's going to happen, and those are the people who are always looking for talent."

Another good idea is to link your social media profiles to your own website or online portfolio. This gives an employer the opportunity to research you more and build an emotional connection. In the end, this gives you the chance to sell yourself even more.

Be searchable

According to Kauffman, a lot of students new to the job force hide from Google. She actually suggests doing the exact opposite.

- "If I'm trying to look up a possible intern and I can't find them, that makes it look like they either haven't done anything or they're hiding something," she says.
- Instead, be open to being searchable. Creating a basic website can be an excellent way of getting your name to rank in Google. It also pulls double duty by showcasing your talents and skills. In short, when potential employers Google you, you want good things to pop up.

Best course of study

Resolve to relax this semester

The after-holiday, back-to-school rush involves stress, sleepless nights and too much coffee. The key to studying effectively during this time, however, involves taking some breaks from quadratic equations, writing a superb thesis and memorizing every detail about the Crusades. Here are three ways to relax in between your cram sessions:

Break out the markers

You laugh, but nothing is more relaxing than colouring. Why do you think you loved it so much when you were in elementary school? So head to the bookstore and snag some markers, coloured pencils or a traditional yellow box of Crayola crayons.

Turn to the TV

Go ahead, give in to your desire to watch an episode of your latest television series addiction. Just remember not to get sucked into the vicious Netflix cycle (watch out for the dreaded auto-start on Netflix TV shows).

Remember to eat

Don't fool yourself into thinking that there simply isn't enough time to fuel up with some food (the stale Triscuits and Pepsi in your room don't count). Remember, your brain needs nourishment. METRO NEWS IN NEW YORK CITY

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Shaking up Middle Eastern street food

Chicken Shawarma.
This fast food can be made a bit healthier in your kitchen

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe makes eight half pitas. ROSE REISMAN

Traditional shawarma, a Middle Eastern delicacy, consists of a meat such as lamb, chicken, beef or veal placed on a spit and grilled for as long as a day. The meat is shaved off as needed for sandwiches or wraps, dipped back in the fat drippings and often served with tahini or hummus.

It's delicious, but often high in calories and fat due to the skin and fat drippings being consumed.

Try my version served in a pita and made with lean chicken breast.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Sauce
- 3/4 cup store-bought or homemade hummus
- 1 1/2 tbsp lemon juice
- 2 tbsp low-fat sour cream
- 1 tsp finely chopped garlic
- Pinch of salt and pepper

Chicken
- 12 oz skinless boneless chicken breasts (about 3 breasts)
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups sliced onion

Pitas
- 4 large pitas
- 1/2 cup chopped tomatoes
- 1/2 cup chopped cucumber
- 1/4 cup chopped cilantro

Directions

1. Combine the hummus, lemon juice, sour cream, garlic, salt and pepper in a small bowl. Set aside.

2. Place the chicken between 2 pieces of waxed paper, pound it flat and cut into thin strips. Coat the chicken strips with the flour. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Add the oil and onion and sauté for 5 minutes or just until browned. Add the chicken and sauté for 10 minutes, stirring constantly, until the chicken is no longer pink. Respray the pan if necessary.

3. Slice each pita in half. Divide the chicken and onion mixture among the half-pitas. Sprinkle with tomatoes, cucumber and cilantro and spoon the hummus sauce over the pitas.

Nutritional information

Per serving (1/2 pita): 212 calories, 25 g carbohydrates, 3.8 g fibre, 14 g protein, 6.7 g total fat, 1.3 saturated fat, 25 mg cholesterol, 240 mg sodium

Hearty poutine with your health in mind

Ingredients

Potatoes
- 3 baking potatoes, scrubbed
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 2 tbsp grated Parmesan cheese (½ oz)
- 1/4 tsp chili powder

Chili
- 6 oz diced boneless skinless chicken breasts diced (about 1 1/2 single breasts)
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 3/4 cup chopped onion
- 1/2 cup corn
- 1 tsp finely chopped garlic
- 3/4 cup canned black beans, drained and rinsed
- 1 1/4 cup tomato sauce
- 1/3 cup low-sodium chicken stock
- 1 1/2 tsp chili powder
- 1 tsp seeded and finely chopped jalapeño pepper
- Pinch of salt and pepper
- 1/2 cup grated mozzarella cheese

1. Preheat oven to 425 F. Lightly coat a rimmed baking sheet with cooking spray.

2. Cut each potato lengthwise into 8 wedges. Place on prepared baking sheet. Combine oil, garlic powder, Parmesan cheese and chili powder. Brush the potato wedges on both sides with the mixture. Bake in the middle of the oven for 20-25 minutes or just until tender and browned.

3. While potatoes are baking prepare chili. Place chicken and flour in bowl and toss to coat. Lightly coat nonstick saucepan with cooking spray, add 1 tsp vegetable oil and set over medium heat. Sauté chicken 5 minutes or until it is lightly browned and cooked through.

4. Respray same saucepan, add remaining vegetable oil and set over medium heat. Add onion, corn and garlic and cook until corn is lightly browned, approx. 5 minutes.

5. Stir in beans, tomato sauce, stock, chili powder, jalapeño pepper and salt and pepper. Bring to a boil, reduce the heat and cover. Simmer 10 minutes uncovered. Add diced chicken.

6. Divide over potato wedges; add cheese. ROSE REISMAN

This Baked Potato Poutine recipe skips the gravy and serves six. ROSE REISMAN

NHL

Sharks' Thornton placed on shelf

The San Jose Sharks have placed centre Joe Thornton on the injured list with an upper-body injury.

The Sharks made the move Sunday. Thornton will miss at least the next two games in Winnipeg and Minnesota on Monday and Tuesday, respectively.

Thornton had his streak of 319 consecutive games played snapped when he sat out Saturday against St. Louis. That was his first game missed since Nov. 11, 2010, when he served the second game of a suspension for an illegal hit.

Thornton has nine goals and 24 assists this season.

THE ASSOCIATED PRESS

Stuart Scott

ESPN personality dies of cancer

Stuart Scott, the SportsCenter anchor and ESPN personality known for his enthusiasm and ubiquity, died Sunday. He was 49.

Scott had fought cancer since a diagnosis in late 2007, the network said, but remained dedicated to his craft even as he underwent chemotherapy, radiation and surgery.

ESPN president John Skipper said in a statement that Scott was "a true friend and a uniquely inspirational figure" and that his "energetic and unwavering devotion to his family and to his work while fighting the battle of his life left us in awe, and he leaves a void that can never be replaced."

THE ASSOCIATED PRESS

UFC

Jones: Change in program to spur improvement

The best fighter in mixed martial arts is about to get better.

Fresh from dispatching former Olympic wrestler Daniel (DC) Cormier via unanimous decision at UFC 182, light-heavyweight Jon (Bones) Jones said living year-round in his training base of Albuquerque, N.M., will take him to the next level.

Next up will be either Alexander (The Mauler) Gustafsson or Anthony (Rumble) Johnson, who meet Jan. 24 in Stockholm.

THE CANADIAN PRESS

Cowboys quarterback Tony Romo and head coach Jason Garrett embrace after beating the Lions in an NFC wild-card playoff game in Arlington, Texas, on Sunday. TOM PENNINGTON/GETTY IMAGES

Romo rallies 'Boys for comeback win

NFL playoffs. Dallas, Indianapolis, Baltimore, Carolina all win during wild-card weekend

Colts quarterback Andrew Luck throws a touchdown pass despite being hauled down by the Bengals' Carlos Dunlap on Sunday. ANDY LYONS/GETTY IMAGES

In their first playoff game in five years, the Dallas Cowboys needed a rally and some clutch plays.

They got them in beating the Detroit Lions 24-20 Sunday in an NFC wild-card game — along with a key reversal on a pass interference penalty.

Tony Romo threw two touchdown passes to Terrance Williams, the second for eight yards and the winning points with 2:32 to go. That brought the Cowboys (12-5) back from a 14-point deficit.

"You just have to stay in the moment and understand the game," Romo said. "It doesn't end after the first quarter, second quarter. There's a long way to go and it wasn't going well, but usually things dissipate a little bit; it's not quite as crazy as it is early. You just have to keep calm. I've played enough games to understand that. Maybe I didn't do that as well when I was younger."

Next is a trip to Green Bay, their first visit there in the post-season since the Ice Bowl loss to the Packers in 1967.

The Lions (11-6) went 99 yards for one of two first-quarter touchdowns. They had the ball and a three-point lead in the final period when officials reversed without an explanation a pass interference penalty against Cowboys linebacker Anthony Hitchens.

That led to a fourth-and-one.

Lions coach Jim Caldwell said he got an explanation, but didn't like it. "Not good enough," he said.

Detroit punted but Sam Martin's kick went only 10 yards, and Dallas headed the other way.

Romo took the Cowboys 59 yards in 11 plays, including a 21-yard pass to Jason Witten on fourth-and-six. The winning pass was thrown after Romo bought time behind his offensive line.

Earlier in the day, Andrew Luck threw for 376 yards and a touchdown as the Indianapolis Colts beat the Cincinnati Bengals 26-10.

The Bengals became the first team in NFL history to lose four consecutive opening-round playoff games.

They also are 0-6 in the post-season under coach Marvin Lewis, 0-4 with Andy Dalton at quarterback.

"In the big moments, the guys that are our big guys have to make the plays," veteran left tackle Andrew Whitworth said. "You see it every week. You look at the teams that win, their top guys make the plays that get them where they've got to go. It'll be no different here. When we get in those situations, our big players have to make huge plays."

On Saturday, the Baltimore Ravens beat the Pittsburgh Steelers 30-17, while the Carolina Panthers downed the Arizona Cardinals 27-16.

THE ASSOCIATED PRESS

Divisional playoff round

- Baltimore at New England, Saturday, 4:35 p.m.
- Carolina at Seattle, Saturday, 8:15 p.m.
- Dallas at Green Bay, Sunday, 1:05 p.m.
- Indianapolis at Denver, Sunday, 4:40 p.m.

4 SPORTS

The Lightning's Brett Connolly fights through checks from Senators Mark Stone, left, and Kyle Turris during Tampa Bay's 4-2 win on Sunday night at Canadian Tire Centre. SEAN KILPATRICK/THE CANADIAN PRESS

NHL. Short-handed Sens dropped by Tampa Bay

Tyler Johnson had two goals and Nikita Kucherov had two assists Sunday to lead the Tampa Bay Lightning to a 4-2 win over the Ottawa Senators.

The Lightning took a 3-2 lead into the third period and increased that to 4-2 at the 7:58 mark on Johnson's second goal of the game, just three seconds after Chris Phillips emerged from the penalty box to put an end to the Lightning power play.

The Senators played out the game shorthanded as their captain Erik Karlsson took a double minor in the dying minutes for hooking and then unsportsmanlike conduct.

The Lightning (25-12-4) also got goals from Victor Hedman, who also had an assist, and Steven Stamkos. Ben Bishop made 20 saves and improved to 6-0-2 against his former team.

Ottawa (16-15-7) got a goal and an assist from Kyle Turris, along with another goal from Mark Stone, but saw its two-game winning streak come to an end. Robin Lehner made 26 saves.

The Senators would have been hard-pressed to get a better start than they did Sunday when Turris scored just 32 seconds into the first period. THE CANADIAN PRESS

On Sunday

Lightning	Senators
4	2

No pity from Petan as Canada tops Slovakia

World juniors. Delta, B.C., forward's three-goal display helps send hosts into gold-medal clash with rival Russia

Canada didn't roll over Slovakia, and that might be the best thing to happen to this team at the world junior championship.

Facing adversity and nervous tension for the first time all tournament, Canada gutted through a tough game and eventually pulled away for a 5-1 on Sunday night in Toronto. Russia awaits in the gold-medal game.

During the third period, chants of "We want Russia" and "We want gold" echoed through Air Canada Centre. The rivalry with Russia gets another chapter Monday night.

"It's the best thing for all of the hockey community, for business," Russian coach Valeri Bragin said. "Russia-Canada: hockey classic."

Stopped at many turns by Slovak goaltender Denis Godla, Canada may be better-prepared for Russia than it would have been had it won easily. Canada hasn't trailed in any of its games and took an easy road through Denmark to reach the semifinals.

Led by Godla and his 39 saves, Slovakia proved to be a tougher opponent. But Nic Petan had a hat trick, Shea Theodore and Anthony Duclair each added a goal, Connor McDavid recorded three assists and Zach Fucale made 14 saves to ensure the end of Canada's world junior medal drought that dated back to 2012. THE CANADIAN PRESS

Nic Petan scores his second-period goal on Slovakia goalie Denis Godla during Canada's 5-1 win on Sunday night in Toronto. Petan scored in each period, completing the hat trick. FRANK GUNN/THE CANADIAN PRESS

Semifinals

Canada	Slovakia
5	1

- **Patriotic games.** The IIHF said Hockey Canada is responsible for world junior ticket prices.
- Tickets for group stage games in Montreal started at $71 and ranged to $336 for the New Year's Eve game between Canada and the United States, which drew 18,295 fans to the 21,273-capacity arena.
- IIHF president Rene Fasel said if those prices were in place for a tournament in Europe, there would be nobody in the arena.

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To see how we celebrated a Hockey Mom in our community, scan this Tide bottle image with your Metro AR app.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If you get in a fight with someone who is bigger or better connected than you, you will undoubtedly lose, so back off.

♉ Taurus
April 21 - May 21
You don't have to apologize for something you said that rubbed a friend or relative the wrong way. They've said plenty of things which you chose not to make an issue of.

♊ Gemini
May 22 - June 21
The more you worry about a money problem the more power you give it, so put it out of your mind and focus on something more positive.

♋ Cancer
June 22 - July 23
It's unlikely you will be feeling your best today but that's OK because friends and family will go out of their way to cheer you up.

♌ Leo
July 24 - Aug. 23
If you think you have to come first or be best at everything you may end up exhausted. The important thing is not the winning but the taking part.

♍ Virgo
Aug. 24 - Sept. 23
If you stand against the winds of change you will almost certainly be blown away. So why not work with them instead? Don't resist when fate nudges you, or throws you, in a new direction.

♎ Libra
Sept. 24 - Oct. 23
There are so many changes taking place now that you may feel a bit insecure. That is not an excuse to start feeling sorry for yourself. Step up and show your leadership qualities.

♏ Scorpio
Oct. 24 - Nov. 22
Keep things simple, especially if you are on the move. Travel and social plans could easily go wrong, so give yourself plenty of time.

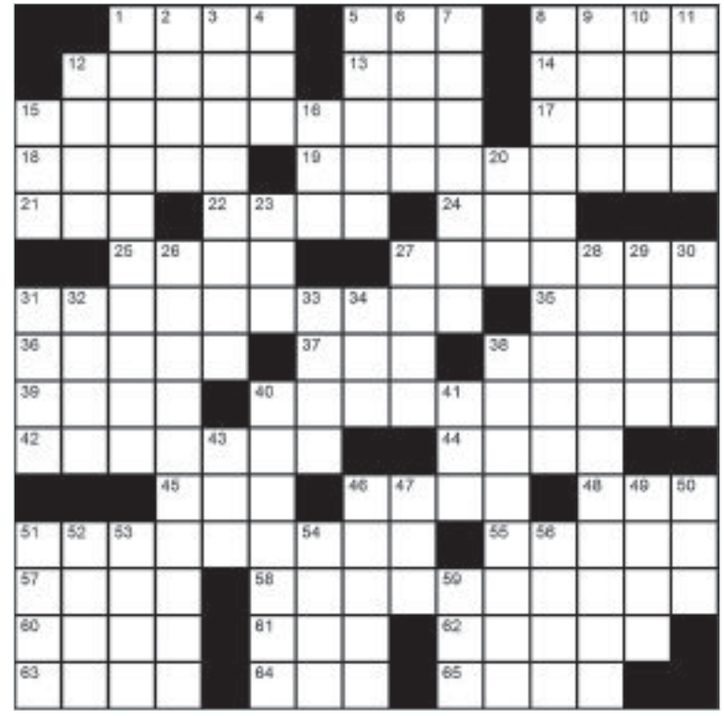
♐ Sagittarius
Nov. 23 - Dec. 21
You will have to loosen your hold on something you cherish. It may be painful to begin with but it won't be long before you feel a real sense of freedom.

♑ Capricorn
Dec. 22 - Jan. 20
Chances are you won't be at your best as the week begins. The good news is you will go to the other extreme midweek and have the time of your life.

♒ Aquarius
Jan. 21 - Feb. 19
Do something exciting over the next 24 hours, something that makes you smile even if it may take a little more effort than usual.

♓ Pisces
Feb. 20 - March 20
Certain things in your world are changing and there is nothing you can do to stop it. Be positive and believe that what happens is for the best, for you and for everyone.

Crossword: Canada Across and Down by Kelly Ann Buchanan



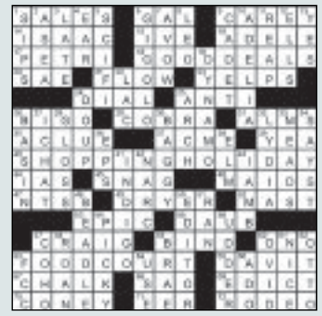
Across

1. Intend to
5. Play-__
8. Go-__ (Fun racer)
12. Mr. Sagan's
13. Journey's "__ Way You Want It"
14. Sailor's sheltered side
15. William Shakespeare: 3 wds.
17. Sisters
18. Ready to swing in baseball: 2 wds.
19. Crosswords: 2 wds.
21. Salon product
22. Abner, et al.
24. My friend (English) = __ ami (French)
25. 'Diet' suffix
27. Steven of CBC's "Steven and Chris"
31. Country in Central Asia where Tashkent is the capital
35. Quasi
36. Awaken
37. Cereal grass
38. Yarn bundle
39. Research facil.
40. Toronto team that won the Stanley Cup in 1914
42. Remove the cuffs: 2 wds.
44. Cardinal point
45. Getaway
46. Ginger cookie
48. Spinning stat.
51. Grow operation plant
55. Not _ __ out of place
57. Excited
58. Strappy shoes
60. ZZ Top song of 1975
61. Antiquity
62. Outlandish occurrence
63. Fire up
64. John of "Touched by an Angel"
65. Salts, in a Montreal restaurant

Down

1. Parliament Hill: Sculpture of Queen Victoria in The Senate Chamber: 2 wds.
2. Earth goddess in Das Rheingold
3. "...and she's _ __ __ you." - Honeymoon Suite, "New Girl Now"
4. Bounced cheque acronym
5. Swiss Alps city
6. Due __ __ before... (Submission info)
7. Chris of CBC's "Steven and Chris"
8. Alberta: __ Country (Nicknamed K-Country, scenic area is just west of Calgary)
9. Reunion attendee
10. Actor Mr. Auberjonois
11. D'Urbervilles heroine
12. Ms. Blanchett
15. Purse
16. Pointy tool
20. Chewed gum shape
23. Pierre's 'here'
26. Practice run in aviation: 2 wds.
27. Fill
28. Hoofed animal prints: 2 wds.
29. Leave out
30. Breaks a commandment
31. Mr. Geller's
32. 'In the __': 2003 Britney Spears album
33. Exclusive
34. Sigma's alphabetic follower
38. Like the stuff at #5-Across [var. sp.]
40. Perplexed
41. GBS part (Canadian band)
43. Pre-1947 British rule in India
46. Sneering
47. Grandma
49. Medieval weapon
50. Married title
51. Multiplication, e.g.
52. Chill
53. Santa __, California
54. "__ McBeal"
56. Cart along
59. President after Richard Nixon ...his initials-sharers

Boxing Day's Crossword

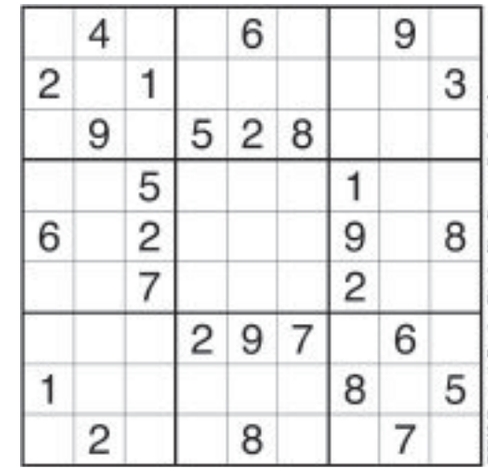


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Boxing Day's Sudoku

5	1	9	6	4	2	3	7	8
4	2	7	8	1	3	6	5	9
3	8	6	5	7	9	4	1	2
1	9	5	3	6	4	8	2	7
7	4	8	1	2	5	9	6	3
2	6	3	9	8	7	5	4	1
6	5	1	7	9	8	2	3	4
9	7	4	2	3	6	1	8	5
8	3	2	4	5	1	7	9	6

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